

# For Fingers and Thumbs...

Here are some examples of splints for hypermobile fingers & thumbs.

## Ring Splints for Fingers



Hyperextension



Flexion



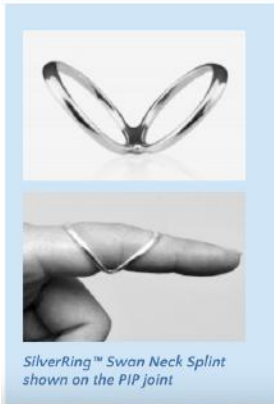
Thumb MCP Problems



Lateral Instability



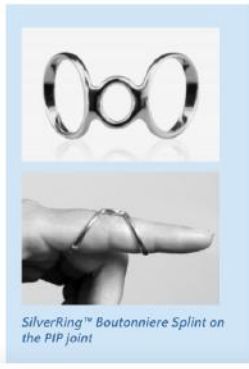
Thumb IP Problems



SilverRing™ Swan Neck Splint shown on the PIP joint

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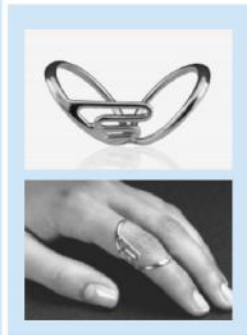
<https://www.silverringsplint.com>



SilverRing™ Boutonniere Splint on the PIP joint



SilverRing™ Stable Thumb Splint



SilverRing™ Swan Neck Splint shown on the Thumb IP joint



Oval-8 or BraceOn EZ Finger Splint



Adjustable size splints are convenient

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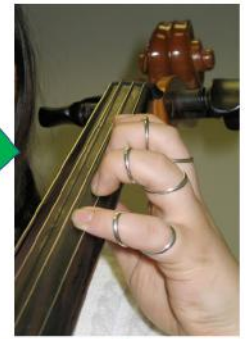
Eva Belle

<https://www.evabellejewelry.com>

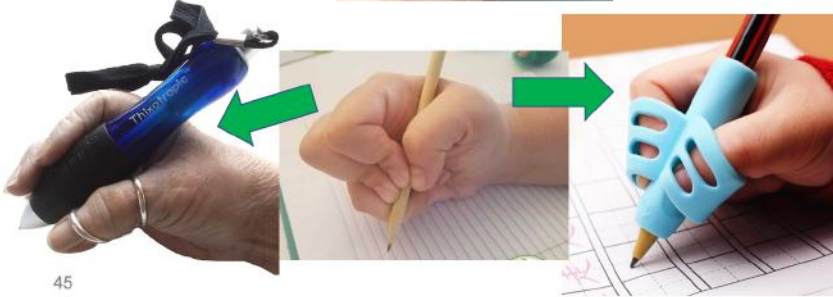


<https://www.evabellejewelry.com> or <https://www.silverringsplint.com> for ring splints

# Splints & Assistive Devices for Hands



**CORRECT RIGHT FINGER POSITION:** Place the thumb under the clearest ribbed area just above the first knuckle of the hand. Rotate the backside of the right hand around the clarinet body.



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## Why smartCRUTCH® is the best choice for Ehlers-Danlos Syndrome



- ✓ The smartCRUTCH design helps you to maintain proper posture and gait, reducing the risk of incorrect repetitive movement patterns.
- ✓ Replacement parts for wear and tear items so your smartCRUTCH will last longer.
- ✓ Transfer of the weight to the forearm reduces the pressure on the wrists and hands up to six times. This will eliminate common injuries and complications found with the use of standard issue underarm or forearm crutches.
- ✓ 15-90 degree settings to give you choices on pain flare days with the twist of a dial. Use your same crutch as a cane, a comfortable forearm crutch, and as a platform crutch - all in the same day!
- ✓ COMFORT is the number one concern for smartCRUTCH. High-density memory foam is used as padding in the cuff to add cushioning. Molded rubber handles give a comfortable grip. Shock absorption is built into the ferrules and into the cuffs high-density memory foam.
- ✓ Hourglass shaped ferrules designed to maximize surface contact.
- ✓ The unique design relieves stress on the body significantly reducing fatigue. This keeps you mobile for longer each day - either standing or walking.
- ✓ smartCRUTCH takes the pressure off your shoulders, elbows, wrists, hands and fingers, reducing the risk of dislocation or pain.
- ✓ Each smartCRUTCH tailors to your exact height and unique body measurements for an ergonomic fit, that's right for you.
- ✓ Lightweight and easy to lift.
- ✓ Sleek, modern looking design that comes in 10+ fashion colors to match your clothes, the occasion or your mood. Or Zebra Stripes, just for you!
- ✓ Collapsible cuff and lower leg for easy storage under seats, in cars, on public transport, and on planes. This keeps you mobile and on the move!
- ✓ Ergonomically designed with right and left handle grips, provide a natural wrist angle and even load across the palm. Molded rubber handles add comfort and stability.

smartcrutch-usa.com

Facebook Instagram Pinterest Twitter YouTube

Smart Crutches



Body Braid (Core)

Note: I have no conflicts of interest and do not benefit from recommending any of these products.

Russek: Joint Protection

# Braces & Splints



**EDSers:...**



**we have a brace/splint for that...**



**fb you know you have EDS when**



Patellofemoral sleeve

Bauerfeind braces are popular among people with EDS:  
<https://www.bauerfeind.com/b2c/>



# Compression Garments for Proprioception



**Core Braid Targets Key Points to Naturally Correct Posture and Improve Coordination**

Thanks to Stephanie Carroll, RN, for suggesting these full body compression garments

- Bauerfeind makes many EDS-appropriate devices: <https://www.bauerfeind.com/b2c/>
- CWX makes sports compression garments: <https://cw-x.com>



The Body Braid works for some people:  
[www.bodybraid.com](http://www.bodybraid.com)



Russek: Joint Protection



Shoulder - Instability Support

Kinesiotape, Thrive Tape, Rock-Tape can also be helpful.